# EAT SMART WITH THE LUNCH BUNCH

WEEK BEGINNING: 17TH FEBRUARY, 17TH MARCH, 14TH APRIL, 12TH MAY, 9TH JUNE, 1ST SEPTEMBER, 29TH SEPTEMBER.



#### MONDAY

#### Mains

Homemade Beef Bolognese - Or -Homebaked Margherita Pizza & Coleslaw

## Side Dishes

Green Beans &
Diced Carrots
Penne Pasta or Baby Potatoes
with Herbs

## Dessert

Iced Lemon Sponge Finger

## **TUESDAY**

#### Mains

Baked Breaded Whiting &

Tartare Mayo
- Or Creamy Mac 'n' Cheese &
Garlic Bread

# Side Dishes

Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato

#### Dessert

Forest Fruits Flavoured Jelly with Mandarin Oranges

# **WEDNESDAY**

#### Mains

Lunch Bunch Chicken
Curry with Freshly Baked
Mini Naan Bread
- Or Quorn Fillet with Creamy
Pepper Sauce

# Side Dishes

Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges

#### Dessert

Cheesecake with Strawberry Sauce

# **THURSDAY**

### Mains

Cook's Roast Gammon with Stuffing & Gravy - Or -Penne Pasta with Tomato & Basil Sauce

# Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

# Dessert

Belgian Waffle with Fruit Salad & Chocolate Sauce

# FRIDAY

#### Mains

Oven Baked Chicken
Goujons with choice of Dip
- Or Baked Potato with Cheesy
Beans & Salad

# Side Dishes

Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato

## Dessert

Artic Roll with Summer Berry Sauce

# EAT SMART WITH THE LUNCH BUNCH

WEEK BEGINNING: 24TH FEBRUARY, 24TH MARCH, 2ITH APRIL, 19TH MAY, 16TH JUNE, 8TH SEPTEMBER



#### MONDAY

#### Mains

Golden Crumbed Fish Fingers & Mayo Dip - Or -Roasted Garlic & Pesto Chicken Pasta

## Side Dishes

Garden Peas & Baked Beans Mashed Potato or Pasta Salad

## Dessert

Homebaked Chocolate & Raspberry Brownie

## **TUESDAY**

#### Mains

Homemade Beef Lasagne with Garlic Bread Slice - Or -Homebaked Margherita Pizza with Salad in Season

## Side Dishes

Baton Carrots & Broccoli Chipped Potato & Baby Potato Salad

#### Dessert

Assorted Yoghurt Pots & Fresh Fruit Salad

# **WEDNESDAY**

#### Mains

Lunch Bunch Chicken
Curry with Freshly Baked
Mini Naan Bread
- Or Oven Baked Pork Sausages
with Gravy or Ketchup

# Side Dishes

Sweetcorn & Spaghetti Hoops Steamed Fluffy Rice or Mashed Potato

#### Dessert

Caramel Apple Crumble & Custard

# **THURSDAY**

### Mains

Cook's Roast Turkey with
Stuffing & Gravy
- Or Salmon Fishcake with Mayo

# Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

## Dessert

Ice Cream with Two Fruits

## FRIDAY

#### Mains

Cheeseburger with Burger Sauce in Bap - Or -Tex-Mex Chicken Fajita

## Side Dishes

Mini Corn on the Cob & Coleslaw Chipped Potatoes or Baked Jacket Potato

#### Dessert

Homebaked Oaty Biscuit with Fresh Fruit

# EAT SMART WITH THE LUNCH BUNGH

WEEK BEGINNING: 3 MARCH, 31 MARCH, 28 APRIL, 26 MAY, 23 JUNE, 15 SEPTEMBER



#### MONDAY

#### Mains

Oven Baked Cod Goujons with Mayo Dip - Or -Veggie Dog with Crispy Onions & Ketchup

## Side Dishes

Garden Peas & Potato Salad Chipped Potatoes or Baked Jacket Potato

## Dessert

Ice-Cream Slider & Orange Wedges

# **TUESDAY**

#### Mains

Homemade Spaghetti Bolognese - Or -Chicken Tikka Mayo Wrap with Salad & Coleslaw

# Side Dishes

Baton Carrots & Broccoli Spaghetti & Parsley Baby Potatoes

#### Dessert

Homemade Jam & Coconut Sponge & Custard

# WEDNESDAY

#### Mains

Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or -Homebaked Margherita or BBQ Chicken Pizza

# Side Dishes

Mini Corn on the Cob & Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes

## Dessert

Summer Fruit Salad & Yoghurt

# **THURSDAY**

### Mains

Cook's Roast Pork with Stuffing & Gravy - Or -Homemade Savoury Mince with Crusty Bread

# Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

# Dessert

Strawberry Jelly & Sliced Pears

# FRIDAY

#### Mains

Oven Baked Chicken

Nuggets with Choice of Dip

- Or 
Ham & Mushroom

Carbonara & Garlic Bread

Slice

# Side Dishes

Sweetcorn & Baked Beans-Chipped Potatoes or Baked Jacket Potato

## Dessert

Homemade Shortbread & Watermelon Wedge

# EAT SMART WITH THE LUNCH BUNGH

WEEK BEGINNING: 10 MARCH, 7 APRIL, 5 MAY, 2 JUNE, 30 JUNE, 25 AUGUST, 22 SEPTEMBER



#### MONDAY

#### Mains

Baked Cod Bites with Mayo Dip - Or -Sweet Chilli Chicken Panini & Salad in Season

#### Side Dishes

Mushy Peas & Coleslaw Chipped Potatoes or Baked Jacket Potato

#### Dessert

Chocolate Krispie Square & Orange Wedges

## **TUESDAY**

#### Mains

Homebaked Margherita or Tex-Mex Spicy Beef Pizza - Or -Penne Pasta with Roasted Mediterranean Vegetables

## Side Dishes

Baton Carrots & Broccoli Oven Baked Paprika Wedges & Baby Potato Salad

#### Dessert

Cola Jelly & Chopped Fruit

# WEDNESDAY

#### Mains

Lunch Bunch Chicken
Curry with Freshly Baked
Mini Naan Bread
- Or BBQ Pulled Pork with
Cheese in Brioche Bun

# Side Dishes

Sweetcorn & Roasted Butternut Squash Steamed Fluffy Rice & Pasta Salad

### Dessert

Angel Cake & Custard

# **THURSDAY**

#### Mains

Cook's Roast Beef &
Yorkshire Pudding with
Stuffing & Gravy
- Or Quorn Dippers with Choice
of Dip

# Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

## Dessert

Ice-Cream, with Sliced Pears & Caramel Sauce

# FRIDAY

#### Mains

Hot Dog with Ketchup
- Or BBQ Chicken Wrap with
Salad in Season

#### Side Dishes

Mini Corn on the Cob & Baked Beans Skinny "French Fries" or Baked Jacket Potato

#### Dessert

Chocolate Cookie & Milkshake